



# Mild Guacamole

**Net Weight:** 1.1 ounces (31.4g)

**Ingredients:**

Maltodextrin, dehydrated minced onion, sour cream powder [cream, maltodextrin, cultured buttermilk, reduced lactose whey, natural flavor, tocopherols), salt, lemon juice powder, spices, garlic powder, dehydrated red bell pepper, natural & artificial flavor.

## Nutrition Facts

**Serving Size 1/2 tsp (2g) Mix or 2 Tbsp Prepared Dip**  
**Servings Per Container 16**

Amount Per Serving	Mix	As Prepared
<b>Calories</b>	5	40
Calories from Fat	0	25
<b>% Daily Value**</b>		
<b>Total Fat 0g*</b>	<b>0%</b>	<b>5%</b>
Saturated Fat 0g	0%	0%
Trans Fat 0g		
Cholesterol 0mg	0%	0%
Sodium 75mg	3%	3%
Total Carbohydrate 2g	1%	1%
Dietary Fiber 0g	0%	4%
Sugars 0g		
Protein 0g		
Vitamin A	0%	0%
Vitamin C	0%	4%
Calcium	0%	0%
Iron	0%	2%

\*Amount in Mix. As Prepared contributes an additional 35 Calories (25 Calories from Fat), 3g Total Fat, 1g Total Carbohydrate (1g Dietary Fiber), 1g Protein.

\*\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories 2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Date Information Was Last Refreshed: August 1, 2009

Disclaimer: Ingredients, formulas and labeling regulations tend to change over time. This information may vary from product currently in distribution. Please refer to the actual product for the most accurate ingredient and nutritional information.